

# New Hampshire Volunteer Lake Assessment Program

## 2003 Interim Report for Armington Lake Piermont



NHDES  
Water Division  
Watershed Management Bureau  
29 Hazen Drive  
Concord, NH 03301



# OBSERVATIONS & RECOMMENDATIONS

After reviewing data collected from **ARMINGTON LAKE, PIERMONT**, the program coordinators have made the following observations and recommendations:

Thank you for your continued hard work sampling the lake/pond this season! Your monitoring group sampled **three** times this season and has done so for many years! As you know, with multiple sampling events each season, we will be able to more accurately detect changes in water quality. Keep up the good work!

## **FIGURE INTERPRETATION**

- **Figure 1 and Table 1:** The graphs in Figure 1 (Appendix A) show the historical and current year chlorophyll-a concentration in the water column. Table 1 (Appendix B) lists the maximum, minimum, and mean concentration for each sampling season that the lake/pond has been monitored through the program.

Chlorophyll-a, a pigment naturally found in plants, is an indicator of the algal abundance. Because algae are usually microscopic plants that contain chlorophyll-a, and are naturally found in lake ecosystems, the chlorophyll-a concentration measured in the water gives an estimation of the algal concentration or lake productivity. **The mean (average) summer chlorophyll-a concentration for New Hampshire's lakes and ponds is 7.02 mg/m<sup>3</sup>.**

The current year data (the top graph) show that the chlorophyll-a concentration **decreased slightly** from June to July, and then **increased slightly** from July to August. The chlorophyll-a concentration on each sampling event was ***much less than*** the state mean.

Overall, visual inspection of the historical data trend line (the bottom graph) shows a ***relatively stable*** in-lake chlorophyll-a trend, meaning that the concentration has ***remained approximately the***

**same** since 1991. In the 2004 annual report, we will conduct a statistical analysis of the historical data to objectively determine if there has been a significant change in the annual mean chlorophyll-a concentration since monitoring began.

While algae are naturally present in all lakes/ponds, an excessive or increasing amount of any type is not welcomed. In freshwater lakes/ponds, phosphorus is the nutrient that algae depend upon for growth. Algal concentrations may increase with an increase in nonpoint sources of phosphorus loading from the watershed, or in-lake sources of phosphorus loading (such as phosphorus releases from the sediments). Therefore, it is extremely important for volunteer monitors to continually educate residents about how activities within the watershed can affect phosphorus loading and lake/pond quality.

- **Figure 2 and Table 3:** The graphs in Figure 2 (Appendix A) show historical and current year data for lake/pond transparency. Table 3 (Appendix B) lists the maximum, minimum and mean transparency data for each sampling season that the lake/pond has been monitored through the program.

Volunteer monitors use the Secchi-disk, a 20 cm disk with alternating black and white quadrants, to measure water clarity (how far a person can see into the water). Transparency, a measure of water clarity, can be affected by the amount of algae and sediment from erosion, as well as the natural colors of the water. **The mean (average) summer transparency for New Hampshire's lakes and ponds is 3.7 meters.**

The current year data (the top graph) show that the in-lake transparency **increased** from June to July, and then **decreased** from July to August. The transparency on each sampling event was **much greater** than the state mean. It is interesting to point out that as the chlorophyll concentration **decreased** from June to July, the transparency **increased**, and as the chlorophyll concentration **increased** from July to August, the transparency **decreased**. We generally expect this **inverse** relationship between chlorophyll and transparency in lakes.

Overall, visual inspection of the historical data trend line (the bottom graph) shows a **relatively stable** trend for in-lake transparency, meaning that the transparency has **remained approximately the same** monitoring began. As mentioned previously, in the 2004 annual report, we will conduct a statistical analysis of the historical data to objectively determine if there has been a significant change in the annual mean transparency since monitoring began.

Typically, high intensity rainfall causes erosion of sediments into lakes/ponds and streams, thus decreasing clarity. Efforts should continually be made to stabilize stream banks, lake/pond shorelines, disturbed soils within the watershed, and especially dirt roads located immediately adjacent to the edge of tributaries and the lake/pond. Guides to Best Management Practices designed to reduce, and possibly even eliminate, nonpoint source pollutants, such as sediment loading, are available from DES upon request.

- **Figure 3 and Table 8:** The graphs in Figure 3 (Appendix A) show the amounts of phosphorus in the epilimnion (the upper layer) and the hypolimnion (the lower layer); the inset graphs show current year data. Table 8 (Appendix B) lists the annual maximum, minimum, and median concentration for each deep spot layer and each tributary since the lake/pond has joined the program.

Phosphorus is the limiting nutrient for plant and algae growth in New Hampshire's freshwater lakes and ponds. Too much phosphorus in a lake/pond can lead to increases in plant and algal growth over time. **The median summer total phosphorus concentration in the epilimnion (upper layer) of New Hampshire's lakes and ponds is 11 ug/L. The median summer phosphorus concentration in the hypolimnion (lower layer) is 14 ug/L.**

The current year data for the epilimnion (the top inset graph) show that the phosphorus concentration **remained stable** from June to July, and then **increased slightly** from July to August. The phosphorus concentration on each sampling event was **less than** the state median.

The current year data for the hypolimnion (the bottom inset graph) show that the phosphorus concentration **increased** from June to July, and then **decreased** from July to August. The phosphorus concentration on each sampling event was **less than** the state median.

The historical data show that the 2003 mean epilimnetic and hypolimnetic phosphorus concentration is **less than** the state median.

Overall, visual inspection of the historical data trend line for the epilimnion show a **slightly decreasing** phosphorus trend, which means that the concentration has **improved slightly** in the epilimnion since monitoring began in 1987.

Overall, visual inspection of the historical data trend line for the hypolimnion shows a **relatively stable** phosphorus trend, which means that the concentration has **remained approximately the same** in the hypolimnion since monitoring began.

One of the most important approaches to reducing phosphorus loading to a waterbody is to continually educate watershed residents about its sources and how excessive amounts can adversely impact the ecology and value of lakes and ponds. Phosphorus sources within a lake or pond's watershed typically include septic systems, animal waste, lawn fertilizer, road and construction erosion, and natural wetlands.

#### **TABLE INTERPRETATION**

➤ **Table 2: Phytoplankton**

Table 2 (Appendix B) lists the current and historical phytoplankton species observed in the lake/pond. The dominant phytoplankton species observed this year were **Anabaena (cyanobacteria), Dinobryon (golden-brown algae), and Staurostrum (green algae).**

The cyanobacterium **Anabaena** was the dominant species observed in the plankton sample this season. ***This species, if present in large amounts, can be toxic to livestock, wildlife, pets, and humans.***

Cyanobacteria can reach nuisance levels when excessive nutrients and favorable environmental conditions occur. During September of 2003, a few lakes and ponds in the southern portion of the state experienced cyanobacteria blooms. This was likely due to nutrient loading to these waterbodies. As mentioned previously, many weeks during the Spring and Summer of 2003 were rainy, which likely resulted in a large amount of nutrient loading to surface waters.

The presence of cyanobacteria serves as a reminder of the lake's/pond's delicate balance. Watershed residents should continue to act proactively to reduce nutrient loading into the lake/pond by eliminating fertilizer use on lawns, keeping the lake/pond shoreline natural, re-vegetating cleared areas within the watershed, and properly maintaining septic systems and roads.

In addition, residents should also observe the lake/pond in September and October during the time of fall turnover (lake mixing) to document any algal blooms that may occur. Cyanobacteria (blue-green algae) have the ability to regulate their depth in the water column by producing or releasing gas from vesicles. However, occasionally lake mixing can affect their buoyancy and cause them to

rise to the surface and bloom. Wind and currents tend to “pile” cyanobacteria into scums that accumulate in one section of the lake/pond. If a fall bloom occurs, please contact the VLAP Coordinator.

➤ **Table 4: pH**

Table 4 (Appendix B) presents the in-lake and tributary current year and historical pH data.

pH is measured on a logarithmic scale of 0 (acidic) to 14 (basic). pH is important to the survival and reproduction of fish and other aquatic life. A pH below 5.5 severely limits the growth and reproduction of fish. A pH between 6.5 and 7.0 is ideal for fish. The mean pH value for the epilimnion (upper layer) in New Hampshire’s lakes and ponds is **6.5**, which indicates that the surface waters in state are slightly acidic. For a more detailed explanation regarding pH, please refer to the “Chemical Monitoring Parameters” section of this report.

The mean pH at the deep spot this season ranged from **6.40** in the hypolimnion to **6.46** in the epilimnion, which means that the water is ***slightly acidic***.

Due to the presence of granite bedrock in the state and the deposition of acid rain, there is not much that can be done to effectively increase lake/pond pH.

➤ **Table 5: Acid Neutralizing Capacity**

Table 5 (Appendix B) presents the current year and historical epilimnetic ANC for each year the lake/pond has been monitored through VLAP.

Buffering capacity or ANC describes the ability of a solution to resist changes in pH by neutralizing the acidic input to the lake. The mean ANC value for New Hampshire’s lakes and ponds is **6.7 mg/L**, which indicates that many lakes and ponds in the state are “highly sensitive” to acidic inputs. For a more detailed explanation, please refer to the “Chemical Monitoring Parameters” section of this report.

The Acid Neutralizing Capacity (ANC) of the epilimnion (the upper layer) continues to remain ***much less than*** the state mean. Specifically, this data indicates that the lake/pond is ***critically sensitive*** to acidic inputs (such as acid precipitation).

➤ **Table 6: Conductivity**

Table 6 (Appendix B) presents the current and historical conductivity values for tributaries and in-lake data. Conductivity is the numerical expression of the ability of water to carry an electric current. The mean conductivity value for New Hampshire's lakes and ponds is **62.1 uMhos/cm**. For a more detailed explanation, please refer to the "Chemical Monitoring Parameters" section of this report.

The conductivity in the lake/pond is relatively **low** (29.3 uMhos/cm) and **less than** the state mean. Typically conductivity levels greater than 100 uMhos/cm indicate the influence of human activities on surface water quality. These activities include septic system leachate, agricultural runoff, iron deposits, and road runoff (which contains road salt during the spring snow melt). The low conductivity level in the **lake/pond** is an indication of the low amount of pollutants in the watershed. We hope this trend continues!

➤ **Table 8: Total Phosphorus**

Table 8 (Appendix B) presents the current year and historical total phosphorus data for in-lake and tributary stations. Phosphorus is the nutrient that limits the algae's ability to grow and reproduce. Please refer to the "Chemical Monitoring Parameters" section of this report for a more detailed explanation.

The total phosphorus concentration in the **Inlet A** and **Inlet B** sampling locations was **low** on the **April 16** sampling event. Since the quality of the water in a lake is affected by the quality of the streams flowing into the lake, we recommend that these inlets be sampled during periods of high water (i.e.; during spring runoff and after storm events).

➤ **Table 9 and Table 10: Dissolved Oxygen and Temperature Data**

Table 9 (Appendix B) shows the dissolved oxygen/temperature profile(s) for the 2003 sampling season. Table 10 (Appendix B) shows the historical and current year dissolved oxygen concentration in the hypolimnion (lower layer). The presence of dissolved oxygen is vital to fish and amphibians in the water column and also to bottom-dwelling organisms. Please refer to the "Chemical Monitoring Parameters" section of this report for a more detailed explanation.

The dissolved oxygen concentration was **high** at all depths sampled at the deep spot of the lake/pond on the June sampling event. As stratified lakes/ponds age, oxygen becomes **depleted** in the hypolimnion (lower layer) by the process of decomposition. Specifically, the loss of oxygen in the hypolimnion results primarily from the process of biological oxidation of organic matter (i.e.;

biological organisms using oxygen to break down organic matter), both in the water column and particularly at the bottom of the lake/pond where the water meets the sediment.

The dissolved oxygen concentration was **greater than 100 percent** saturation at **3.0** meters to **7.5** meters at the deep spot on the **June** sampling event. Layers of algae can raise the dissolved oxygen in the water column since oxygen is a by-product of photosynthesis. Wave action from wind can also dissolve atmospheric oxygen into the upper layers of the water column.

➤ **Table 11: Turbidity**

Table 11 (Appendix B) lists the current year and historical data for in-lake and tributary turbidity. Turbidity in the water is caused by suspended matter, such as clay, silt, and algae. Water clarity is strongly influenced by turbidity. Please refer to the “Other Monitoring Parameters” section of this report for a more detailed explanation.

The turbidity in the **deep spot** and **inlet** samples was **relatively low**.

### **DATA QUALITY ASSURANCE AND CONTROL**

#### **Annual Assessment Audit:**

During the annual visit to your lake/pond, the biologist conducted a “Sampling Procedures Assessment Audit” for your monitoring group. Specifically, the biologist observed the performance of your monitoring group while sampling and filled out an assessment audit sheet to document the ability of the volunteer monitors to follow the proper field sampling procedures (as outlined in the VLAP Monitor’s Field Manual). This assessment is used to identify any aspects of sample collection in which volunteer monitors are not following the proper procedures, and also provides an opportunity for the biologist to retrain the volunteer monitors as necessary. This will ultimately ensure that the samples that the volunteer monitors collect are truly representative of actual lake and tributary conditions.

Overall, your monitoring group did an **excellent** job collecting samples on the annual biologist visit this season! Specifically, the members of your monitoring group followed the proper field sampling procedures and there was no need for the biologist to provide additional training. Keep up the good work!



**Sample Receipt Checklist:**

Each time your monitoring group dropped off samples at the laboratory this summer, the laboratory staff completed a sample receipt checklist to assess and document if the volunteer monitors followed proper sampling techniques when collecting the samples. The purpose of the sample receipt checklist is to minimize, and hopefully eliminate, future re-occurrences of improper sampling techniques.

Overall, the sample receipt checklist showed that your monitoring group did a **very good** job when collecting samples this season! Specifically, the members of your monitoring group followed the majority of the proper field sampling procedures when collecting and submitting samples to the laboratory. However, the laboratory did identify one aspects of sample collection that the volunteer monitors could improve upon. They are as follows:

- **Sample Holding Time:** Please remember to return samples to the laboratory **within 24 hours of sample collection**. This will ensure that samples do not degrade before they are analyzed. If you plan to sample on the weekend, please sample on Sunday, preferably in the afternoon, and return samples to the lab first thing on Monday morning to ensure that samples can be analyzed within 24 hours. **Unfortunately, *E.coli* samples that are more than 24 hours old will not be accepted by the NHDES Chemistry laboratory for analysis.**

**NOTES**

- **Monitor's Note (7/20/03):** Inlets/Outlet were barely flowing (no samples taken)

**USEFUL RESOURCES**

*Acid Deposition Impacting New Hampshire's Ecosystems, ARD-32, NHDES Fact Sheet, (603) 271-3505, or [www.des.state.nh.us/factsheets/ard/ard-32.htm](http://www.des.state.nh.us/factsheets/ard/ard-32.htm).*

*Aquarium Plants and Animals: Don't leave them stranded.* Informational pamphlet sponsored by NH Fish and Game, Aquaculture Education and Research Center, and NHDES (603) 271-3505.

*Best Management Practices to Control Nonpoint Source Pollution: A Guide for Citizens and Town Officials, NHDES-WD 97-8, NHDES Booklet, (603) 271-3503.*

*A Boater's Guide to Cleaner Water, NHDES pamphlet, (603) 271-3503.*

## OBSERVATIONS AND RECOMMENDATIONS

---

2003

*Camp Road Maintenance Manual: A Guide for Landowners.* Kennebec Soil and Water Conservation District, 1992, (207) 287-3901.

*Comprehensive Shoreland Protection Act, RSA 483-B, WD-SP-5,* NHDES Fact Sheet, (603) 271-3503 or [www.des.state.nh.us/factsheets/sp/sp-5.htm](http://www.des.state.nh.us/factsheets/sp/sp-5.htm).

*Cyanobacteria in New Hampshire Waters Potential Dangers of Blue-Green Algae Blooms,* NHDES Fact Sheet, (603) 271-3505, or [www.des.state.nh.us/factsheets/wmb/wmb-10.htm](http://www.des.state.nh.us/factsheets/wmb/wmb-10.htm).

*Erosion Control for Construction in the Protected Shoreland Buffer Zone,* WD-SP-1, NHDES Fact Sheet, (603) 271-3503 or [www.des.state.nh.us/factsheets/sp/sp-1.htm](http://www.des.state.nh.us/factsheets/sp/sp-1.htm)

*Impacts of Development Upon Stormwater Runoff,* WD-WQE-7, NHDES Fact Sheet, (603) 271-3503, or [www.des.state.nh.us/factsheets/wqe/wqe-7.htm](http://www.des.state.nh.us/factsheets/wqe/wqe-7.htm)

*Is it Safe to Eat the Fish We Catch? Mercury and Other Pollutants in Fish,* NH Department of Health and Human Services pamphlet, 1-800-852-3345, ext. 4664.

*Lake Protection Tips: Some Do's and Don'ts for Maintaining Healthy Lakes,* WD-BB-9, NHDES Fact Sheet, (603) 271-3503 or [www.des.state.nh.us/factsheets/bb/bb-9.htm](http://www.des.state.nh.us/factsheets/bb/bb-9.htm).

*Management of Canada Geese in Suburban Areas: A Guide to the Basics,* Draft Report, NJ Department of Environmental Protection Division of Watershed Management, March 2001, [www.state.nj.us/dep/watershedmgt/DOCS/BMP\\_DOCS/Goosedraft.pdf](http://www.state.nj.us/dep/watershedmgt/DOCS/BMP_DOCS/Goosedraft.pdf).

*Proper Lawn Care In the Protected Shoreland, The Comprehensive Shoreland Protection Act, WD-SP-2,* NHDES Fact Sheet, (603) 271-3503 or [www.des.state.nh.us/factsheets/sp/sp-2.htm](http://www.des.state.nh.us/factsheets/sp/sp-2.htm).

*Road Salt and Water Quality,* WD-WMB-4, NHDES Fact Sheet, (603) 271-3503 or [www.des.state.nh.us/factsheets/wmb/wmb-4.htm](http://www.des.state.nh.us/factsheets/wmb/wmb-4.htm).

*Sand Dumping - Beach Construction,* WD-BB-15, NHDES Fact Sheet, (603) 271-3503 or [www.des.state.nh.us/factsheets/bb/bb-15.htm](http://www.des.state.nh.us/factsheets/bb/bb-15.htm).

*Swimmers Itch,* WD-BB-2, NHDES Fact Sheet, (603) 271-3503 or [www.des.state.nh.us/factsheets/bb/bb-2.htm](http://www.des.state.nh.us/factsheets/bb/bb-2.htm).

*Through the Looking Glass: A Field Guide to Aquatic Plants.* North American Lake Management Society, 1988, (608) 233-2836 or [www.nalms.org](http://www.nalms.org).

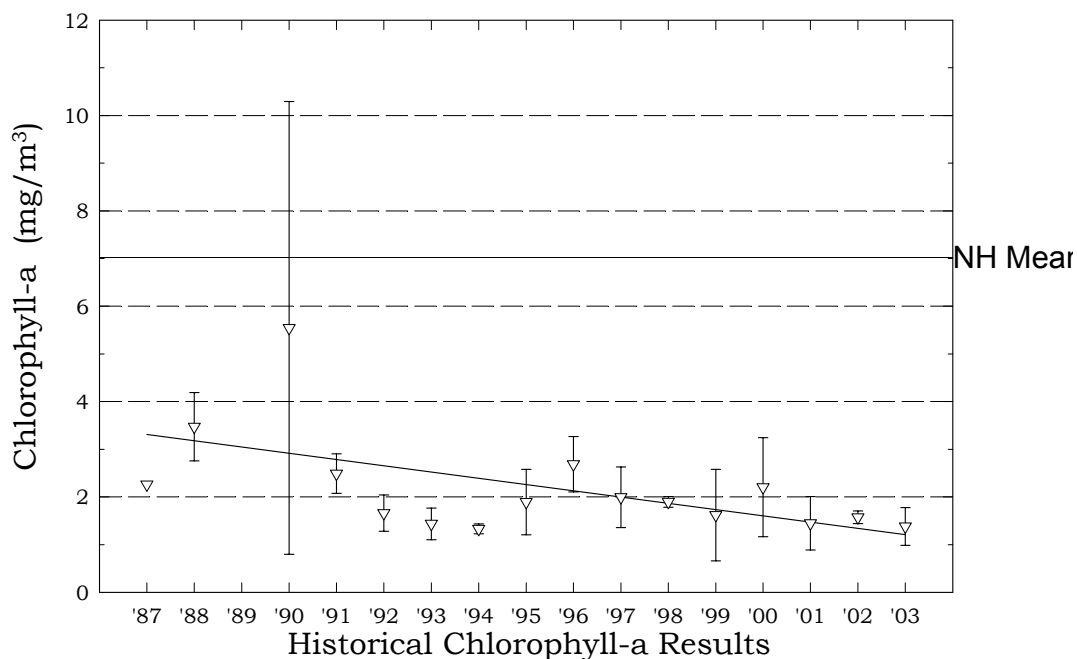
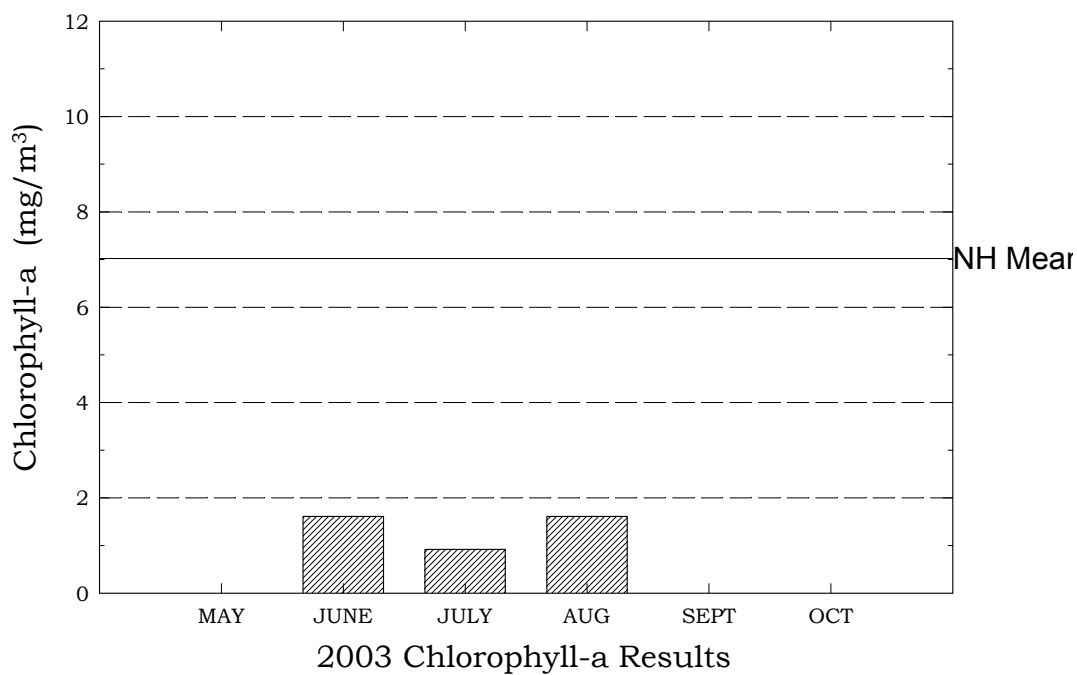
*Weed Watchers: An Association to Halt the Spread of Exotic Aquatic Plants,* WD-BB-4, NHDES Fact Sheet, (603) 271-3503 or [www.des.state.nh.us/factsheets/bb/bb-4.htm](http://www.des.state.nh.us/factsheets/bb/bb-4.htm).

# APPENDIX A

## GRAPHS

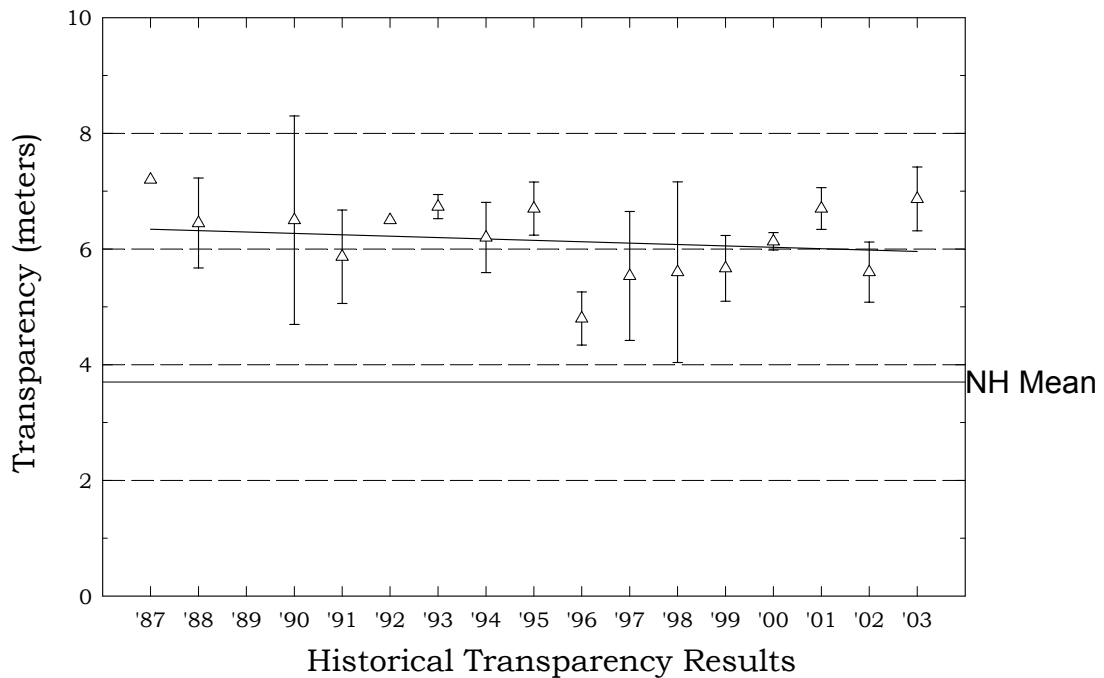
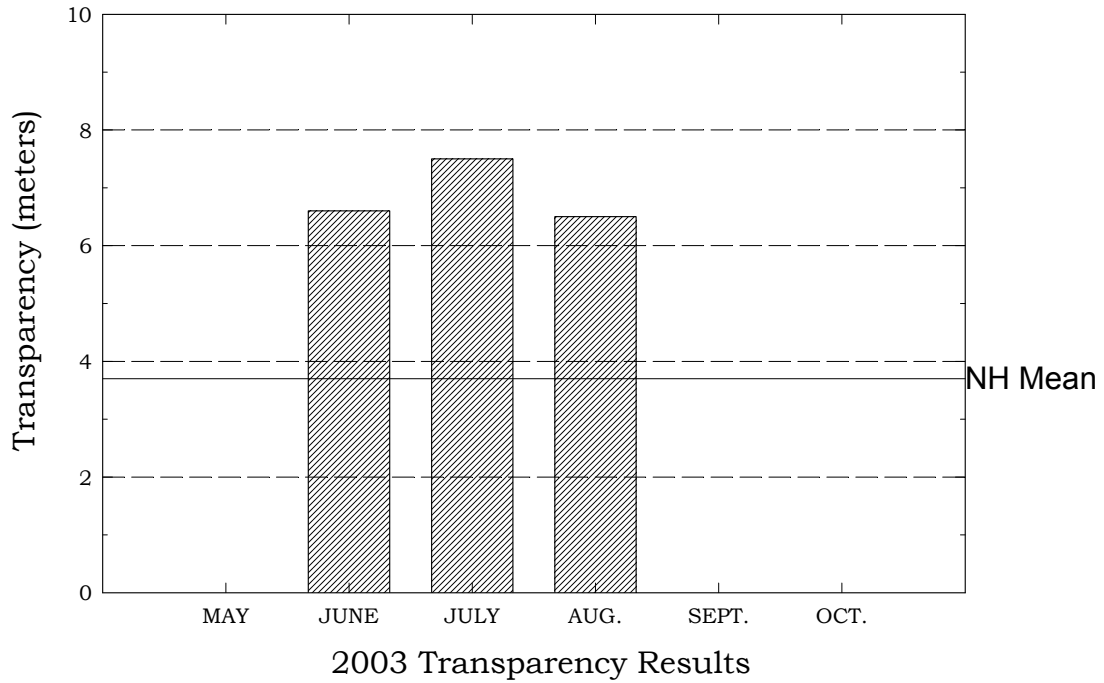
## Lake Armington, Piermont

**Figure 1.** Monthly and Historical Chlorophyll-a Results



# Lake Armington, Piermont

**Figure 2.** Monthly and Historical Transparency Results



## Lake Armstrong, Piermont

**Figure 3.** Monthly and Historical Total Phosphorus Data.

